



The
ONE
YEAR®

THE ONE YEAR®

RECOVERY

PRAYER DEVOTIONAL

365 Daily Meditations toward
Discovering Your True Purpose

Dr. Katie Brazelton

*Bestselling Author and Founder of
Life Purpose Coaching Centers International®*

Finding your unique, God-designed purpose is like a magnet that helps pull you out of addiction into a life lived for him. A great adventure awaits you in this book.

TIM CLINTON, EdD

President of the American Association of Christian Counselors and executive director of the Center for Counseling and Family Studies at Liberty University

Whether you're struggling to get it all together or are at the end of yourself, this gem of a book offers gentle guidance and support along the way. It brings focus to the fact that we're all in the process of recovery—or need to be.

RON NIKKEL, MPS

President and chief executive officer of Prison Fellowship International and author of *Radical Love in a Broken World*

Without a doubt, we could have used Katie's home run insights during our five-year bout with denial, anger, worry, and depression, when Dave lost his arm and shoulder to cancer along with his beloved pitching career with the San Francisco Giants. We urge you to spend prayerful time with this realtime recovery model anchored securely in God's miraculous plan for your own life.

DAVE & JAN DRAVECKY

Founders of Endurance ministry and authors of *When You Can't Come Back*

A must-read for those in recovery who want God to use their entire story for his glory. And what a great tool for recovery coaches and sponsors to use with those seeking to know and do God's will.

ARCHIBALD HART, PhD

SYLVIA HART FREJD, DMin and certified Internet addiction coach

Authors of *The Digital Invasion: How Technology is Shaping You and Your Relationships*

Discovering your true purpose will unlock a new joy and a new peace in you; that's the treasure in these pages. You don't want to miss this daily, hope-filled recovery journey!

GREGORY JANTZ, PhD

Certified eating disorders specialist, founder of The Center, and prolific author of addiction-related books

To experience the joy of choosing sobriety and living with significance, read *The One Year Recovery Prayer Devotional* each day. You'll love it!

LES & LESLIE PARROTT, PhDs

Founders of the Center for Relationship Development and authors of *The Good Fight*

The One Year® Recovery Prayer Devotional

THE ONE YEAR[®]
RECOVERY
PRAYER DEVOTIONAL

365 Daily Meditations toward
Discovering Your True Purpose



Dr. Katie Brazelton

*Bestselling Author and Founder of
Life Purpose Coaching Centers International[®]*



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From the Author

Some of the sayings and slogans I use in this book are common phrases used in recovery groups, whose origins date back to the 1930s. If you feel that I have quoted a slogan or saying that you think you might have been the first to coin, please let me know. I'll be happy to give you credit in my book for it if you can verify that you were the first to use that phrase, saying, or slogan.

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People experience and overcome addictions in different ways. This book is not meant as a substitute to medical advice or diagnosis by a trained medical professional who is familiar with your medical history and personal circumstances.

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The One Year Recovery Prayer Devotional

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Introduction

I will be made well.

MARK 5:28 (ESV)

I pray that this devotional is like a trustworthy friend who walks with you, day by day, reminding you that you're not alone. May you experience life-changing breakthrough as you travel down the only assured pathway to recovery, which is Jesus Christ. May you get to know him more deeply and love him more faithfully than you ever imagined possible. May you learn to obey him more consistently, allowing him to inspire character growth in you beyond your wildest dreams.

I pray that you'll soon find that Jesus has led you to where your sobriety intersects with your intriguing life purpose. You might feel trapped in addiction, wishing instead that you were already living out God's tremendous plan for your life. You might vaguely remember having a life dream, a longing in your heart for significance, a burden to help others, or a fascination in your soul. Have those dreams vanished? Did life take a wrong turn for you when you got beat up emotionally or physically, you grew weary with worry, your sins were piled higher than your head, or you chose to worship an addictive idol?

Whatever's transpired, I promise you that God wants to get your attention, as he did with Saul, the atheist and Christian-killer, on the road to Damascus. Just as he loved Saul and all who've gone before you with their own hurts and debilitating habits, God loves you. Just think about Miriam, the gossip and backstabber of her own brother; David, the adulterer and murderer; Martha, the controlling complainer; Zacchaeus, the cheat; Peter, the Christ denier; and Thomas, the doubter.

This devotional, which deals daily with major recovery themes, will lead you back to the desires of your heart, to your individual purpose, to God's will and call on your life. Just as God called Noah to build an ark, Abram to go to an undisclosed destination, Sarah to be the mother of nations, Moses to lead his people out of Egypt, and Joshua to cross the river into the Promised Land, he's called you also to fulfill your own particular destiny. Just as God called John the Baptist to prepare the way for the Lord, Saul to open the eyes of the Gentiles, Peter to feed Christ's sheep, Mary Magdalene to tell the disciples that Christ was alive, and the apostle John on the island of Patmos to write a book, he's called you to leave a legacy that only you can leave. God wants to use you to do the *One Big Thing* that he planted in your heart eons ago.

INTRODUCTION

When you hear your Creator's call, you have the option of being like Moses, who begged God to send somebody else, or like Jonah, who ran and hid. Or you can be like young Samuel in the Temple, who said to God, "Speak, your servant is listening" (1 Samuel 3:10), or like Isaiah, who said to the Lord, "Here I am. Send me" (Isaiah 6:8).

God adores you. You're his beloved and the crown in his hand. You're his child, friend, and masterpiece. He's your Great Physician, Refuge, Rock, Provider, Protector, and King. Trust him with your life. Lean into Jesus and cry, "Heal me and commission me, Lord—but don't let me make Purpose my new idol!" And ask God's Spirit to fall fresh on you, especially as you go through the next 365 days with this devotional.

As founder of Life Purpose Coaching Centers International®, I've come to understand two things well: first, that everyone is addicted to something; and second, that God wired human beings to want to know their life purpose, the specific reason they were born. I'm humbled to have had the honor of coaching countless people through recovery to discover and experience God's magnificent plan for their lives.

During my many years of recovery-to-purpose coaching, I've often used an acronym to spell out the word *purpose* to help remind hurting, broken, and lost people of God's unique plan for them. So I've organized this recovery devotional around the P.U.R.P.O.S.E. Plan. These seven principles start with putting God first and end with experiencing heart-pounding purpose.

THE P.U.R.P.O.S.E. PLAN

Principle I: Put God First

My primary purpose is to worship God with my life.

Principle II: Understand Biblical Truths about God's Will

I understand my recovery in the bigger picture of how God is redeeming the world.

Principle III: Rightly Tell My Recovery Story

I turn my past and present over to God to complete my future life's work.

Principle IV: Pursue Positive Practices to Maintain My Sobriety

I'm fully cooperating with God regarding his unique plan for my life.

Principle V: Opt Out of Self-Sabotaging Methods

I choose to live a life of recovery and purpose now.

Principle VI: Surrender All to Christ My King

When I empty myself of self, I'm able to be and do all God wants.

Principle VII: Experience Heart-Pounding Life Purpose

I'm living in the center of God's will.

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INTRODUCTION

Each one of us will remain adrift until we're aligned with God's masterful designs for our lives. The P.U.R.P.O.S.E. Plan helps those in recovery understand that experiencing God's will is absolutely essential because it moves the focus off all types of addictive behavior to his healthy, invigorating dreams for us. In Principle III: Rightly Tell My Recovery Story, I carefully unpack the Twelve Steps for Believers that I created after being inspired by Alcoholics Anonymous's original Twelve Steps. I did this because those steps, used in a small-group format, have proven themselves an effective tool for helping people in recovery understand and overcome their addictions. The first two weeks of this one-year devotional, January 1 through January 15, give you an overview of how the P.U.R.P.O.S.E. Plan interacts with the Twelve Steps for Believers.

For your convenience, on the following pages you'll find the Twelve Steps for Believers and the original Twelve Steps of Alcoholics Anonymous. For a complete list of major topics addressed in this book, see the appendix. My goal is that after you finish using this devotional as a tool toward your recovery, you'll have everything you need to continue practicing these principles and steps for years to come.

Shy of having Jesus Christ as your Savior and Lord, I know of no greater gifts than sobriety, godly relationships, and having a distinct purpose in life. God has assigned you a life message supported by a life verse and also a life mission, which is your passionate ache to serve a certain group of people. My prayer for you is that you'll feel his hand on your life like never before. I pray that you'll recover from your present addictive choices and welcome his glorious anointing on your future. And I pray blessings on your ordained journey to sobriety and on your unique purpose—that it will be full of God-honoring perseverance and pure joy.

The Twelve Steps for Believers

Where Recovery and Purpose Intersect

God has a unique purpose for me, and he wants me to recover and follow his plan for my life. Therefore . . .

- One. I admit that I'm powerless over my dependencies and that my life has become unmanageable.
- Two. I believe that God can restore me to sanity and help me follow his plan.
- Three. I turn my will and life over to God's care.
- Four. I conduct a searching and fearless moral inventory of myself.
- Five. I admit to God, to myself, and to someone who's trustworthy the exact nature of my wrongs.
- Six. I acknowledge that I'm entirely ready to have God remove all my character defects.
- Seven. I humbly ask God to remove my shortcomings.
- Eight. I prepare a list of all the people I've harmed and become willing to make amends to them all.
- Nine. I forgive those who've hurt me, and I make direct amends to the people I've hurt whenever possible, except when to do so would injure them or others.
- Ten. I continue to ask God to help me to take personal inventory and promptly admit when I'm wrong.
- Eleven. I seek through prayer and Bible reading to get to know God and his unique purpose for my life, asking him for the power to carry out his will.
- Twelve. I tell others about my spiritual awakening using these steps, while continuing to practice these steps in my own life.

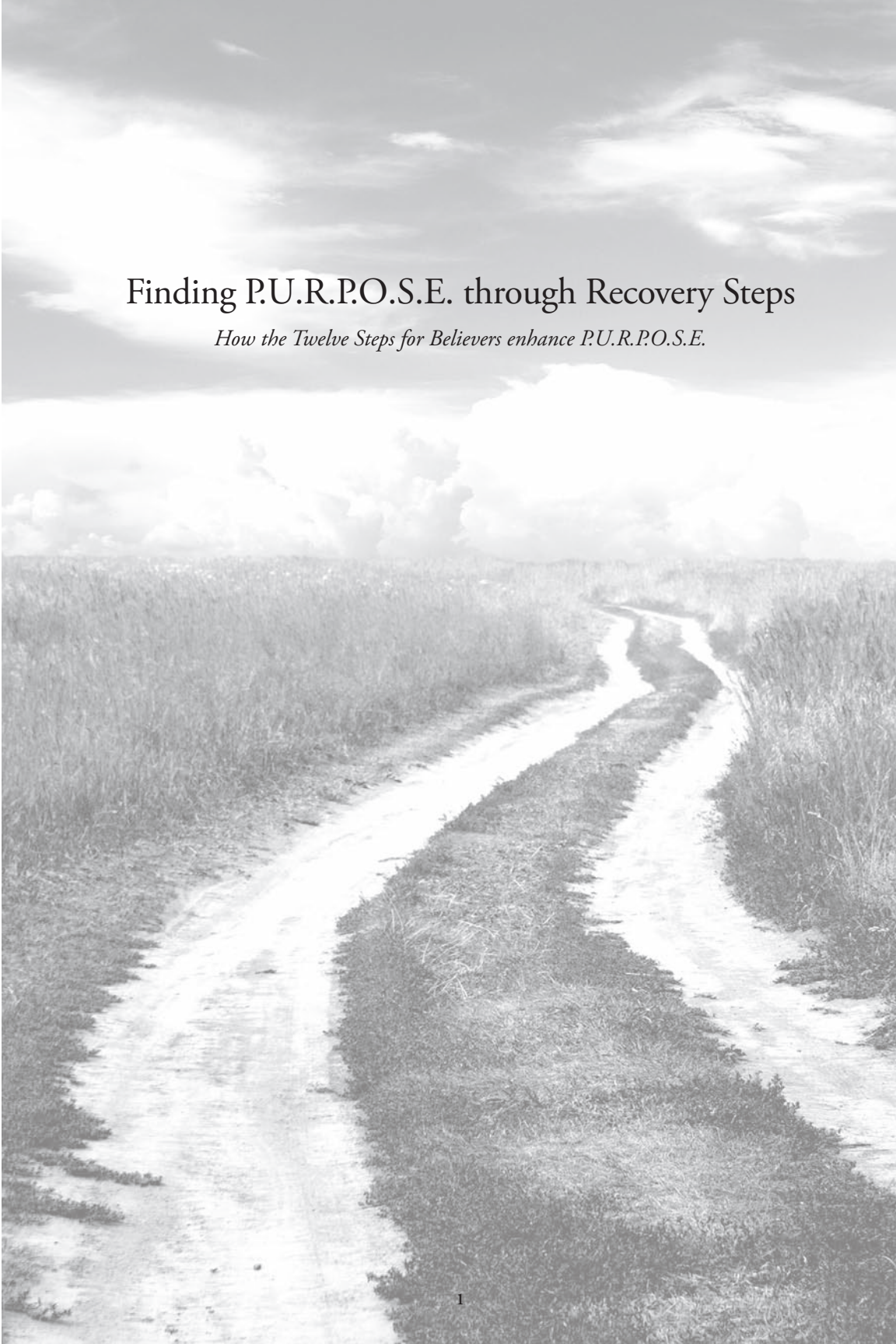
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The Twelve Steps for Believers were inspired by the Twelve Steps of Alcoholics Anonymous; however, they are not actually an adaptation. Rather, they were created specifically for this publication and should not be construed otherwise. Alcoholics Anonymous, which is a program concerned only with recovery from alcoholism, is not in any way affiliated with this publication.

The Twelve Steps of Alcoholics Anonymous

1. We admitted we were powerless over alcohol—that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood Him.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God, as we understood Him, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.

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A black and white photograph of a dirt road winding through a field of tall grass under a cloudy sky. The road is the central focus, leading the viewer's eye from the bottom of the frame towards the horizon. The grass is dense and textured, and the sky is filled with large, dramatic clouds.

Finding P.U.R.P.O.S.E. through Recovery Steps

How the Twelve Steps for Believers enhance P.U.R.P.O.S.E.



Finding P.U.R.P.O.S.E. through Recovery Steps

Thanking God That I'm Not God

O LORD, God of our ancestors, you alone are the God who is in heaven. You are ruler of all the kingdoms of the earth. You are powerful and mighty; no one can stand against you! 2 CHRONICLES 20:6

Have you recognized God's kingship yet and admitted your need for him, or do you still playact as if you are controlling the world? The Gospel writer Matthew tells us, "You're blessed when you're at the end of your rope. With less of you there is more of God and his rule" (Matthew 5:3, *The Message*). God's unequivocal majesty is the biblical foundation of the Twelve Steps for Believers, helping us resign as Ruler of the World, admit that we're powerless over our dependencies (Step One), and gratefully undergo a character makeover.

Are you ready to celebrate your recovery in a healthy, God-honoring way, by thanking him that you're not him and for the victory he's declared over the demons in your life? Celebratory parties of your past may have been marred by food-induced comas, alcohol-fueled gossip, drug-incited tirades, predictable police reports, or upstaging the Joneses, but this moment is about commemorating the joy of saying good-bye to all that. As Tom Peters, a wise management guru on the topic of success, has said, "Celebrate what you want to see more of."

After we get this party started of allowing God to be God, he has a beyond-belief surprise for you—an exceptional high, one that's key to your recovery. It's the thrill of discovering and fulfilling his will for your life. As a Life Purpose Coach, I can testify that this heart-pounding experience of having purpose assigned to your life is God's commissioning of a great artwork, a magnum opus, in you. It starts out as his precious gift to you of all the hope that purpose brings. Somewhere along the way, though, you realize that it's also your opus gloria, your finest symphony performed for his glory.

SOUL SEARCH

How do you feel about admitting that you're not God—in fact, that you're actually powerless without him? What small action step could help you explore his purpose-filled will for your life?

God of the spiritually blind, I'm not doing so well. In fact, I'm lost. Please come find me and open my eyes to your kingship and majesty.

Finding P.U.R.P.O.S.E. through Recovery Steps
Being Restored to Sanity

[God says,] “Call on me when you are in trouble, and I will rescue you, and you will give me glory.” PSALM 50:15

This passage reminds us of the supernatural power God offers to those who are hurting. He yearns to take the grief-stricken from their dark place of hopelessness, a place from which they feel they might never return, and to give them hope. And “he who has hope has everything” (Arabian proverb). If you need God’s comforting hope, especially because you’re deeply saddened by the loss of your sober sanity, he wants you to know that “you’re blessed when you feel you’ve lost what is most dear to you. Only then can you be embraced by the One most dear to you” (Matthew 5:4, *The Message*). To receive this blessing, practice reciting with conviction Step Two in the Twelve Steps for Believers: “I believe that God can restore me to sanity and help me follow his plan.”

Years ago I heard an inspiring statement: “Don’t tell God how big your storm is; tell the storm how big your God is!” The statement may have inspired or been inspired by the country gospel song “Tell the Storm.” If we’d only get in the habit of doing that, we’d be reminded continually that our God wants to rescue us when we’re in trouble—even when we’re reaching for familiar idols or crutches.

If you find yourself in distress or facing dangerous circumstances, put your hope in God and call on him for help. And why not get in the habit every day, all day long, of asking God to lead you by his truth and teach you to do his will (see Psalm 25:5)? He’ll rescue you from the insanity that is addiction, and then you can give him all the glory he’s due.

SOUL SEARCH

What godly assistance do you need to resist an enticing obsession or compulsion? How might the comforting hope and help you receive from God embolden your quest to discover and fulfill God’s calling on your life?

God of all hope, help, and comfort, I’m in distress, but I’m counting on your much-acclaimed faithfulness to rescue me and guide me into a daily restoration of my sobriety and sanity. Don’t let that conviction waver in my darkest hours. I know you have the power to help me recover and answer your calling on my life.

Finding P.U.R.P.O.S.E. through Recovery Steps

Humbly Choosing God

Though the LORD is great, he cares for the humble, but he keeps his distance from the proud. PSALM 138:6

I'm convinced God will do anything for those who are meek, anything at all that's in their best interest. When we humbly understand who we are in relation to him, our lives begin to make sense with a newfound confidence in him, his power, and his ways. One of the wisest, most humbling decisions we can ever make is outlined in Step Three in the Twelve Steps for Believers. It reads, "I turn my will and life over to God's care."

And the only way to live under God's care is by making a faith commitment to his precious Son Jesus Christ. As Galatians 3:26 declares, "You are all children of God by believing in Christ Jesus" (NIV). The process of choosing God, through Jesus, rids us of our sense of emptiness and dissatisfaction, and it releases us to live out the significance-filled destiny God has orchestrated for us. Not bad for a moment's work, even though it takes all eternity to show our profound gratitude! Beginning a personal relationship with Jesus is as simple as saying a heartfelt prayer like this: *Jesus, I believe that you died for me and that God raised you from the dead. Please forgive my sins. You're my Savior, my only hope. I open the door of my heart to you right now. Come live in me.*

With that fresh start, that new lease on life, your recovery can kick into high gear as you truly desire to follow God's will more and more each day. If you already know the joy of Jesus, pray now for those who don't yet understand that God wants them to invite his Son into their hearts.

SOUL SEARCH

What godly person could walk alongside you during times of joy, pain, and pending relapses in your sobriety? In what way could God's purposeful plan for your life be about helping others find freedom from addictive chaos?

Jesus Christ, my Higher Power, I humbly dedicate my life to you because that's God's will for me and I trust him wholeheartedly.

Finding P.U.R.P.O.S.E. through Recovery Steps

Confessing My Shortcomings

If we confess our sins to [God], he is faithful and just to forgive us our sins and to cleanse us from all wickedness. 1 JOHN 1:9

God blesses us when our hearts, thoughts, motives, and actions are purified from the pollution of sin. When I mentioned that to a recovery client in a coaching session, she said to me in an exasperated tone, “I’m about as clean on the inside as a train-hoppin’ hobo is on the outside. I’ve grown so used to that mental picture of myself and my impure heart that when I inventory all my sins, I imagine myself wrapping them up in a dirty, blue knapsack that I tie to the end of a stick. By carrying my heavy load in that way, at least the despicable things are out of sight and out of mind for a little while each day.”

I took a deep breath and suggested we take a closer look at the hope she had overlooked in Step Four in the Twelve Steps for Believers. It reads, “I conduct a searching and fearless moral inventory of myself,” which means she was forgetting to balance her sin inventory with an examination of the good in her life. And I asked her if she was exhausting herself by trying to come clean of all her shortcomings, resentments, and sins—on her own.

Your knapsack of sins is too weighty for you to bear alone. Let God carry it for you, and let him suggest a fellow sojourner to travel with you awhile (Step Five). Then take a prayerful moment to tell God of your earnest desire to grow in character and answer his call on your life. That pure-hearted offering is sure to warrant a full-on, royal celebration, even for a hobo-sinner like you or me.

SOUL SEARCH

In what way is your heart right and pure, right now? What peace have you found in confessing a fault to a sponsor, accountability partner, or recovery coach—or what joy have you found in sharing a success?

Pure One, I don't want to “go it alone” any longer. Help me examine my life, express gratitude for my victories, and confess my shortcomings to you, myself, and a trustworthy soul.

Finding P.U.R.P.O.S.E. through Recovery Steps

Agreeing to New Beginnings

Those who have been born into God's family do not make a practice of sinning, because God's life is in them. 1 JOHN 3:9

Volunteer firefighters, volunteer leaders in churches, volunteer candy strippers in hospitals, Big Brothers and Big Sisters—each of these freely chooses to help others, following the strict guidelines of their particular organizations. Likewise, when you were born into God's family as a true Christian, you freely agreed to submit to his commands. In the interest of full disclosure—in case you forgot to read the fine print in your lifetime, volunteer contract with God—his call to holy living is all-consuming. Following his strict guidelines is a 24/7 commitment, especially with stipulations like this: “Those who have been born into God's family do not make a practice of sinning, because God's life is in them. So they can't keep on sinning, because they are children of God” (1 John 3:9).

When we agree to launch into any new beginnings with the Lord, our greatest desire is to do what's right. We actually hunger and thirst after God and his commandments. Step Six of the Twelve Steps for Believers phrases it this way: “I acknowledge that I'm entirely ready to have God remove all my character defects.” Step Seven adds, “I humbly ask God to remove my shortcomings.” Do you hunger for right living or only to be free of addiction?

It's important to make sure you want to go the distance with God, obeying him, doing what's right, giving up your character defects, and following his unique plan for your life. First Peter 1:13-14 says that you're going to have to “think clearly and exercise self-control” and that you're not allowed to “slip back into your old ways of living to satisfy your own desires.” Know that if you do choose God's ways, he'll rejoice over you with blessings.

SOUL SEARCH

What word or phrase best describes what it means to be entirely ready to submit to God (i.e., peace, trust, hope, trepidation, roller-coaster ride of emotion, undeserved celebration)? Which character defect will be the hardest, yet the most rewarding, for you to allow God to remove?

God who rewards humility, I submit to your control of my life and I humbly ask you to remove my character defects. Life without these commitments is no life at all.

Finding P.U.R.P.O.S.E. through Recovery Steps

Rethinking My Actions and Reactions

God blesses those who are merciful, for they will be shown mercy. MATTHEW 5:7

Who's the bane of your existence? Who's hurt you deeply or ruined your reputation? Who do you despise and want exiled to a lonely island? If nobody comes to mind at this precise moment, just wait five minutes to see if you fall into the sin of not being able to forgive someone! On the other hand, if you can answer those questions quickly with a specific name or names, you're not alone in your struggle. Personally, I find our passage about mercy challenging. I want it said of me, "You're blessed when you care" (Matthew 5:7, *The Message*). Who wouldn't want to be blessed for being caring and merciful? It's just that I tend to lose my kindness-mojo after a mean person lights my Bunsen burner of anger. I'd still like it said of me, "You're blessed when you can show people how to cooperate instead of compete or fight" (v. 9, *The Message*). But competition is my middle name. What's a wild-eyed, competitive, or impulsive person to do?

The Twelve Steps for Believers tell us exactly what to do. Step Eight reads, "I prepare a list of all the people I've harmed and become willing to make amends to them all." And Step Nine continues the sound advice with "I forgive those who've hurt me, and I make direct amends to the people I've hurt whenever possible, except when to do so would injure them or others."

So, whenever possible, as far as it depends on us, we're to show mercy to others and live at peace with them. We're to rethink how we typically act and react. We're to choose to put an end to hostility in our relationships with others and even with God. Period. End of story. But if a recap using a popular recovery-circle adage would help, we're to live above our circumstances and take the high road, remembering God's grace to us.

SOUL SEARCH

Is it easier for you to offer forgiveness or to ask for it—and why? How will mercy and peace help you do the work God has entrusted you to do on earth?

God who blesses, I do want to rethink all my actions and reactions; I want to offer forgiveness to those who've hurt me; and I do want to make amends for the harm I've caused others, whenever that's possible. Help me!

Finding P.U.R.P.O.S.E. through Recovery Steps

Making Time to Hear God's Will

Oh, that we might know the LORD! Let us press on to know him. He will respond to us as surely as the arrival of dawn or the coming of rains in early spring. HOSEA 6:3

Make time to sit with God, whether that's for spiritual self-examination or to get to know him, his ways, his plans to redeem the world, and his will for your life. And boldly ask him for the power to follow his will and to share your spiritual awakening with others. (These ideas reflect Steps Ten, Eleven, and Twelve in the Twelve Steps for Believers.) God would love to give you the inside scoop about who he is, who you are in relation to him, how to become more like his Son Jesus, how to proceed with your recovery, and what he's assigned you as your stunning life purpose. Through the time-tested practices of quiet introspection, reading his Word, and prayerful meditation, he'll guide you into a victorious life. Hosea testifies that God will surely do this for you, if you press on to know him.

Years ago, I asked our city's Master Planner to tell me the inside scoop behind the name of a nearby intersection, Antonio Parkway and Avenida de las Banderas, wondering if it was in honor of Antonio Banderas, the actor-singer. It was not. That led me to become intrigued with other intersections, such as Elizabeth and Taylor; Harrison and Ford; Rosa Parks and M. L. King Jr.; and my favorite, Stroke and Acoma. As you press on prayerfully to discover more about the world's Master Planner and his substantive will for your life, you'll learn of an intriguing intersection: Recovery and Purpose. Don't be surprised when others ask you for the inside scoop about how you got to that place of peace after the desolation of addiction. Some will be looky-loos, but others will want you to teach them how to live soberly there in the center of God's will.

SOUL SEARCH

Will you cruise through the intersection of "Recovery Road" and "Purpose Pathway" to satisfy your curiosity, or will you set up offices there on a bustling corner? With what welcome gift might God surprise you, should you decide to stay forever?

Master Planner of my life, teach me to press on to know you. Thank you in advance for responding as surely as the arrival of dawn and the coming of spring rain.